Desserts, Salads
AND SAVOURY DISHES

the Davis Gelatine Way

Become Acquainted

Become acquainted with Davis Gelatine cookery. Meal making becomes easy and more satisfying. Interesting and yet exciting.

One of the most easily digested foods, Davis Gelatine assists the digestion of the foods which are combined with it. Gelatine has no flavour, so all foods come under its spell. All are improved in appearance when set with Davis Gelatine. All are improved in flavour when used in Davis Gelatine recipes. In fact, Davis Gelatine enables you to serve simple everyday foods in their most attractive form.

The envelope measure ensures success and whether you use it with food fresh from the farm, the orchard, the can or the deep freeze, the saucepan or the pressure cooker, it will please you with its unfailing success, its quick setting property and its easy-to-unmould consistency that shivers in its perfect gel for eating.

If you prefer to measure gelatine by the spoonful then use 3 teaspoons or 1½ dessertspoons where the recipe mentions envelope. If setting without ice or refrigeration more gelatine might be required.

Davis Gelatine dissolves readily in hot water. It is a strong, high grade gelatine and little is required to set an average dish, six servings, so there is no need to soak before dissolving. Where it is necessary to use two or more envelopes, such as for making double or treble quantity recipes for parties, then this larger quantity of gelatine should be soaked before dissolving.

Always add the gelatine to either the hot or cold water or liquid – do not add water or liquid to gelatine.

The quantity to use:

1 envelope (or 3 teaspoons) of Davis Gelatine will make 1 pint of jelly.

Jellies may consist of mixtures made with fruit juices, syrup from stewed or canned fruit, meat and vegetable stock, milk flavoured in various ways. Other types of gelatine dishes are the creams made with milk and eggs, various types of refrigerator and frozen mixtures. Gelatine is also used in the preparation of delicious snack and savoury mixtures, cake icings, including smooth icing, and mouth-watering fillings, confections that bring colour and elegant variety to any party.

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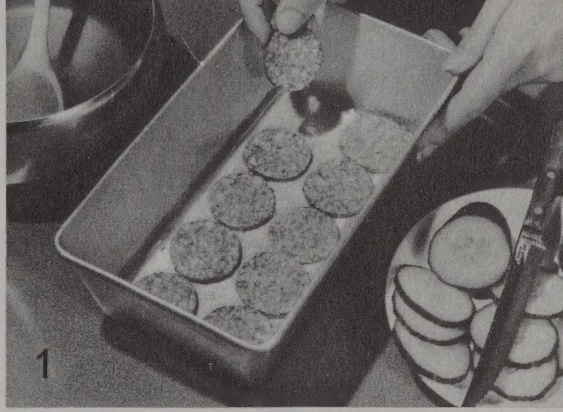
Practical Hints

These three pages describe, step by step, the preparation of a gelatine recipe which includes the basic operations of setting a garnish and unmoulding. This particular recipe is called 'Salami and Mixed Vegetable Salad', details of which are given on page 20.

Moulds to Use

Having decided on the recipe, decide on the mould or use an aluminium cake tin. Loaf tins, sandwich tins and ring tins make excellent moulds. If you have a pretty fancy mould, use it for mixtures that are plain.



Setting a Garnish

1. Cover the bottom of the mould with a little well-flavoured clear jelly and allow to thicken. Arrange the garnish on the thin jelly layer. Just cover the garnish with a little more clear gelatine that is cool, but is still liquid. Allow to set.
2. Turn the mould on its side and repeat step 1. When the first side has set, turn the mould again and repeat until all sides have been garnished. Allow to set firmly.

3. Fill the mould with the basic mixture levelling the top with a spoon so that it will stand firmly when unmoulded. Leave to set.

Unmoulding

4. Run the point of a knife round edge of mould. Dip the mould into warm water (not hot) until the water approaches the top of the mould, but does not overflow into the jelly. Dry with a cloth.

5. Place a plate or serving dish over the top of the mould. Turn upside down and shake the mould very gently. The dish should leave the mould with the jelly on it. If it does not, repeat step 4.

5

6

6. The finished dish can be decorated with salads, etc., just before serving. Sometimes it is attractive to serve the dish on a paper doyley in which case the doyley would be placed over the mould before putting the plate or serving dish over the mould in 5 above.

See p. 20 'Salami and Mixed Vegetable Salad' for details of this recipe.

Cooking the Davis way

DAVIS GELATINE dissolves easily in hot water. It is such a strong high grade gelatine that little is used in making a dish – it dissolves readily in hot water. This saves time when adding gelatine to cold mixtures – there is no need to heat any portion for dissolving.

Davis Way 1

Foundation Recipe

Fresh Fruity Jelly

1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
½ pint orange juice
¼ cup sugar
3 tablespoons lemon juice

Add gelatine to hot water. Stir until dissolved. Mix with all other ingredients – place in a mould.

Canned Fruity Jelly

1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
½ pint cold canned fruit syrup or syrup from stewed fruit
2 tablespoons lemon juice
½ cup sugar

Add gelatine to hot water, stir until dissolved. Add sugar to syrup and lemon juice. Stir until dissolved, add gelatine. Place in a mould.

Fruit Puddings

To either of these mixtures when thickening, add 1 cup cereal flakes or bubbles and 1 cup cooked prunes cut in small pieces. Instead of prunes, other fruit may be used such as cherries, canned pineapple, apricots, nutmeats.

Port Wine Jelly

Six Servings

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
½ cup sugar
1 tablespoon lemon juice
1 cup port wine

Dissolve gelatine in hot water, add sugar, stir until dissolved, add cold water, lemon juice and wine. Make up to one pint with cold water. Pour into a mould. This jelly is delicious with pears.

NOTE: All cup measurements given are breakfast cups (10 fluid oz).

Lemon Jelly – (*Basic Mixture*)

1 envelope or 3 teaspoons Davis Gelatine
4 tablespoons cold water
½ pint boiling water
¾ cup sugar
Thinly peeled strip of lemon rind
4 tablespoons lemon juice

Add gelatine to cold water, make a syrup of boiling water, sugar and lemon rind; boil for 5 minutes. Pour on to gelatine, stir until dissolved, add lemon juice. Strain into a mould or serving bowl. Chill.

Lemon Whip

(See Davis Way 2 Page 6)

Leave the jelly until thickening – beat with an egg whisk until very thick and foamy – place in a serving bowl.

Lemon Sponge

(See Davis Way 2 Page 6)

Leave the jelly until thickening – beat with an egg whisk until thick and foamy, gradually adding a beaten white of egg.

Lemon Bavarian

(See Davis Way 3 Page 8)

Leave the jelly mixture until thickening, fold through it ½ cup cream whipped until quite stiff.

Prune Jelly

1 envelope or 3 teaspoons Davis Gelatine
¾ cup hot water
2 tablespoons lemon juice
2 cups stewed prunes
1 cup prune juice
Sugar

Stone prunes, cut into small pieces or put through a coarse sieve. Dissolve gelatine in hot water. Add lemon juice, prune juice and sugar to taste. Add chopped prunes. Stir occasionally while thickening. Place in a mould or serving bowl. Serve with cream or custard.

Deep Freeze Fruits in Jelly

Deep freeze fruits – peaches, strawberries, raspberries, etc. Thaw out, measure juice, add to the following:

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons cold water
½ cup sugar
1 tablespoon lemon juice
½ pint boiling water

Add gelatine to cold water. Mix sugar, boiling water, lemon juice, add to gelatine, stir until dissolved. Add juice from thawed-out fruit. Add cold water or extra fruit juice to make up a scant pint, or to ¾ pint if it is desired to mould the fruit. Let thicken slightly before adding fruit.

Whips, Sponges and Marshmallows

FRUITY MOULD GELATINE MIXTURE beaten with a rotary or electric beater gives a WHIP.

Orange Whip

1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
½ pint sweet orange juice
¼ cup sugar or more to taste
1 teaspoon lemon juice
Other fruit juices and syrups may replace orange juice

Dissolve gelatine in hot water. Add sugar and lemon juice to orange juice. Stir until sugar dissolves. Add dissolved gelatine, leave to thicken slightly (about the consistency of unbeaten white of egg), beat with a rotary or electric beater. Place in a serving bowl.

FRUITY MOULD GELATINE MIXTURE beaten with a rotary or electric beater and a beaten egg white added gives a SPONGE.

Pineapple Sponge

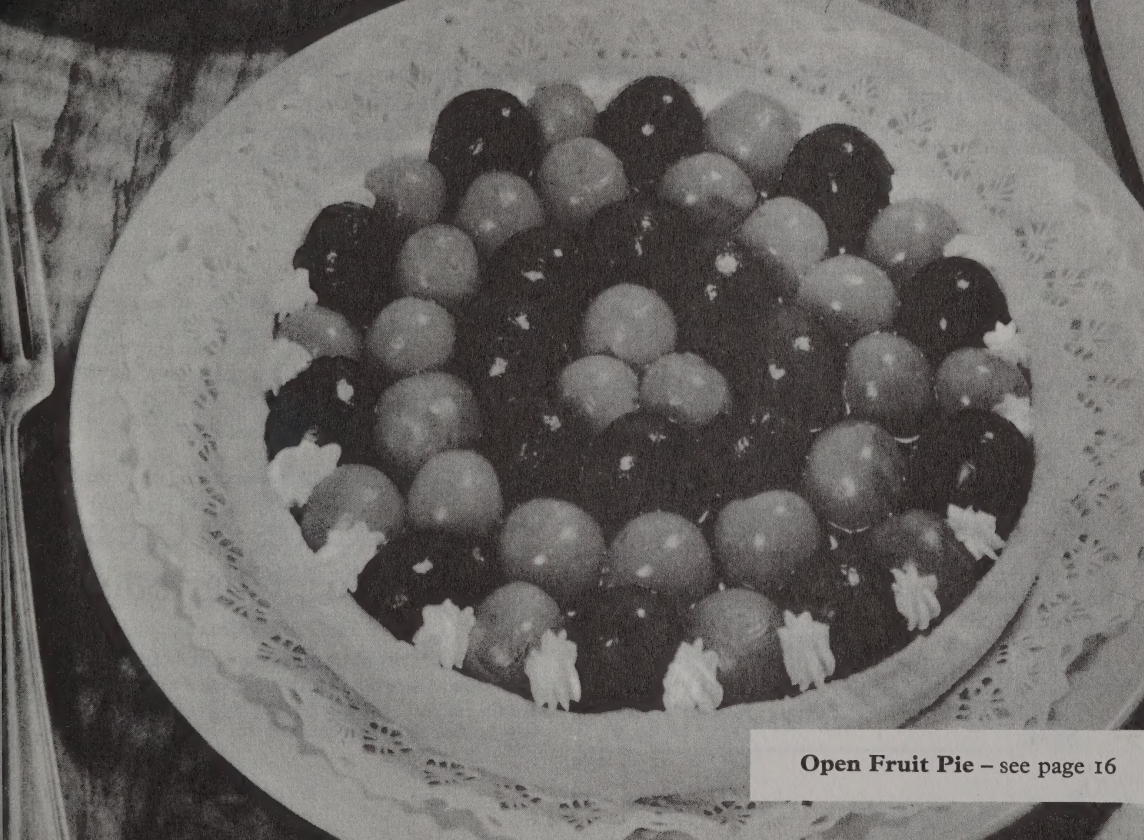
1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
½ pint syrup from canned or stewed pineapple
¼ cup sugar
2 teaspoons lemon juice
1 egg white, beaten

Dissolve gelatine in hot water. Add sugar, pineapple syrup and lemon juice. Stir until sugar dissolves, leave to cool and thicken (to the consistency of unbeaten egg white). Beat the mixture with a rotary or electric beater until thick, adding the beaten egg white. When quite thick place in a serving bowl.

Marshmallow Magic

2 envelopes or 3 dessertspoons Davis Gelatine
¼ pint cold water
½ pint hot water
½ lb sugar
1 teaspoon lemon juice
Lemon essence
Vanilla essence

Add gelatine to cold water. Place hot water and sugar in saucepan. Stir until sugar dissolves. Cook to boiling point; boil for 8 minutes. Remove. Add soaked gelatine; stir until dissolved, add lemon juice. Leave to cool. While warm beat with a rotary or electric beater until very thick. Add two drops of lemon essence, add vanilla to taste. Place in a shallow pan or container. Use as:



Open Fruit Pie – see page 16

1. Dessert layer with cream, custard or ice cream. Chopped fruit, nuts, etc., may be added.
2. Beat until thick, add a few drops of peppermint or crushed after-dinner mints, use as sauce on chocolate ice cream.
3. MARSHMALLOW CONFECTION
   Follow Marshmallow Magic recipe, but add ⅛ teaspoon of cream of tartar and boil with sugar mixture as directed until it spins a thread when dropped from spoon, add soaked gelatine; stir until dissolved, add lemon juice. Cool, but while warm beat until very thick. Flavour to taste. Pour into a lightly buttered pan. Leave for 24 hours. Cut into squares; roll in a mixture of icing sugar and cornflour.

Flummery

1 envelope or 3 teaspoons Davis Gelatine dissolved in
3 tablespoons hot water
½ pint water or juice
3 teaspoons flour
¼ cup sugar
¼ cup lemon juice
2 teaspoons grated lemon rind

Mix flour to a smooth paste with a little of the cold water. Add remainder to sugar, heat to boiling, add flour gradually and lemon rind. Cook for 5 minutes, stirring all the time. Add lemon juice and dissolved gelatine. Leave until thickening slightly, beat to a stiff cream. Place in a serving bowl.

Davis Way 3

Bavarian Cream

FRUITY MOULD MIXTURE allowed to thicken and whipped cream folded through gives a bavarian cream.

1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
½ pint orange juice
½ cup sugar
3 tablespoons lemon juice
¼ pint cream, whipped

Dissolve gelatine in hot water, add sugar and other ingredients, stir until sugar dissolves, leave to thicken. Fold whipped cream through mixture. Modern Variation. Have ready ½ pint ice cream broken up with a fork. Fold through the jelly. Place in freezing chamber until firm. Do not overchill.

Davis Way 4

Milk Mixtures & Creams Souffles and Charlottes

Milk – a 'Must' in Good Diets

GELATINE AND MILK make one of the most valuable and popular combinations of everyday foods. That the gelatine and milk dish is nourishing is not the only reason for its popularity – it

has variety with the greatest ease of preparation. Fresh milk, evaporated milk, powdered milk, all are used most successfully and to each gelatine brings its knack of ensuring its digestion and increasing its nourishment.

Milk Jelly

Using fresh or milk reconstituted from canned evaporated or powdered milk.

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
¾ pint milk
2 tablespoons sugar
Vanilla essence

If milk is used from refrigerator, slightly warm half, mix and add gelatine as directed.

Dissolve gelatine in hot water. Add sugar, stir gradually into milk (which should be at room temperature, not straight from refrigerator). Flavour to taste. Place in a mould or serving bowl. Colour with a few drops of red food colouring or add a few drops of colouring to the mixture when it is thickening; lightly stir to give a streaked effect.

Using Evaporated Milk

Quick Fruit Dessert

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
2 tablespoons sugar
1 can unsweetened evaporated milk
Vanilla essence
½ cup crushed strawberries or other suitable fruits

Dissolve gelatine in hot water, add sugar, stir in evaporated milk. Add few drops of vanilla. Add crushed strawberries, leave to thicken slightly, then beat until very thick. Pile in a serving bowl.

Real Economy

The secret of domestic economy lies in the art of buying wholesome foods without wastage and presenting them attractively. The user of gelatine understands economy, because combined with other foods it makes more servings. For example, a mere can of fruit becomes a distinctive Dessert and commands attention.

It needs very little gelatine or skill to make Davis Dainty Dishes but the result enhances a woman's reputation in the sphere of Cold Cookery.

Chocolate Blanc Mange

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
2 tablespoons sugar
2 teaspoons cocoa or chocolate
1½ cups milk (using fresh, powdered or unsweetened evaporated)
Vanilla or lemon essence

Mix chocolate or cocoa to a smooth paste with a little milk. Boil remaining milk with sugar; add chocolate paste and boil for a few minutes. Leave until cold. Add essence to taste. Dissolve gelatine in hot water and when cool stir into the chocolate mixture. Pour into a mould.

Marble Dainties

1st Mixture

2 teaspoons Davis Gelatine dissolved in 3 tablespoons hot water
¼ pint milk
2 dessertspoons sugar
Vanilla essence
Cochineal
Yellow or other colouring

Add sugar to milk, stir in dissolved gelatine gradually, add vanilla to taste. Divide into two parts, colour as desired. Set in shallow container to give a depth of ½ to ¾ inch – a small sandwich tin is useful.

2nd Mixture

3 teaspoons Davis Gelatine dissolved in 3 tablespoons hot water
½ pint syrup from stewed fruit
1 dessertspoon lemon juice

Add dissolved gelatine to fruit syrup and lemon juice, add cold water to make up to ¾ pint. Leave until thickening slightly.

TO COMBINE THE MIXTURES: Take a sharp knife, dip into hot water, dry and cut the firm milk jelly into small cubes of even size. Arrange these in a shallow mould or loaf tin. Carefully add the fruit jelly. Serve cut in large squares.

Slimming Sanely

Davis Gelatine is valuable for those on a reducing diet. If you should feel hungry between meals take 2 teaspoons of Davis Gelatine dissolved in a cup of clear soup or beef tea. You will find this satisfying and sustaining.

Spanish Cream – see page 12

Creams

MILK AND EGG MIXTURES, sweet and savoury. The simplest of the milk and egg mixtures is the jellied custard – an example of how Davis Gelatine glamourises a simple everyday food. Spanish Cream and Butterscotch Sponge are both based on a custard mixture.

Spanish Cream (see illustration page 11)

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
2 eggs
3 tablespoons sugar
¼ teaspoon salt
¾ pint milk
1 teaspoon vanilla essence

Beat egg yolks lightly. Add sugar and salt to milk, heat until nearly boiling, pour over beaten egg yolks, return to fire. Cook until the mixture thickens and breaks into curds and whey. Dissolve gelatine in hot water, add carefully to the mixture. Add essence. Beat egg whites until stiff, fold through the mixture. Place in a mould.

If separation is not required do not boil the custard; remove from stove, cool and add dissolved gelatine to the cool mixture. Add vanilla and beaten egg whites.

Butterscotch Sponge

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
1 cup brown sugar
2 tablespoons butter
¾ pint hot milk
3 eggs
Pinch of salt
Vanilla essence

Heat butter and sugar to a caramel, add hot milk and salt; pour over beaten yolks of eggs, return to fire, cook until smooth. Add gelatine dissolved in hot water. Flavour to taste. Fold stiffly beaten egg whites through the mixture. Place in a mould.

Invalid Dietary

Food prepared with gelatine, milk and eggs is particularly beneficial in invalid dietaries when the food must be nourishing and easily digested. Davis Gelatine aids the digestion and delicious dishes are made with gelatine in combination with eggs, milk, cream, fruit juice, etc.

Heavenly Delight

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
2 oz. chocolate
¾ pint milk
2 tablespoons sugar
3 yolks of eggs
¼ pint cream
Essence of vanilla
1 tablespoon rum if liked

Cut chocolate into small pieces, place in saucepan with milk and sugar, boil for 5 minutes. Pour on to beaten egg yolks, return to fire and cook until it thickens. Leave to cool. Dissolve gelatine in hot water, add to the mixture; add vanilla and rum. When the mixture is thickening fold in the whipped cream. Place in a serving bowl or mould. Chill.

Orange Egg Cream

1 envelope or 3 teaspoons Davis Gelatine dissolved in ¼ pint hot water
½ pint orange juice
1 teaspoon lemon juice
2 eggs
4 tablespoons sugar or more
Pinch of salt

Beat yolks of eggs, add salt and sugar and add gradually to well-beaten whites. Add dissolved gelatine and orange and lemon juice. Beat well, pour into mould. Serve with chocolate sauce.

Savoy Apricots

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
1 can apricots, peaches or other fruit
12 savoy biscuits or small sponge cakes
1 tablespoon lemon juice
Sugar, if necessary
2 tablespoons sherry

Drain syrup from fruit. Dissolve gelatine in hot water, add to syrup, add lemon juice and sherry and add cold water to make up to 1 pint. Place a little in the bottom of a mould or cake tin, when firm arrange savoy biscuits and cover with the fruit. Add the gelatine mixture and leave to set. Chill and unmould. Decorate with whipped cream or ice cream and cherries.

Souffles

MIXTURES LIGHT AS THISTLEDOWN of milk or cream and eggs blended with fruit juice or pulp or other flavouring ingredients such as chocolate, coffee, wines and spices.

Apricot Souffle

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
2 eggs
¼ cup sugar
¾ cup apricot pulp and juice
2 tablespoons lemon juice
Few grains salt
¼ pint cream

Dissolve gelatine in hot water. Beat egg yolks and sugar thoroughly. Add apricot pulp and fruit juices. Stir over hot water until quite hot. Leave until cold. Add dissolved gelatine. Add salt to egg whites and beat until stiff. Whip the cream, take half and add to beaten whites and fold into the mixture. Pour into serving bowl or sherbet glasses and serve with the remainder of the cream.

Coffee Souffle

1 envelope or 3 teaspoons Davis Gelatine
¾ pint clear black coffee
¼ pint rich milk or cream
⅓ cup sugar
Pinch of salt
2 eggs

Dissolve gelatine in a little of the hot coffee. Heat the remainder with milk, sugar, salt and slightly beaten yolks of eggs, until the mixture coats the spoon. Cool, add gelatine and fold in the stiffly beaten egg whites. Place in a mould. Serve with whipped cream flavoured with vanilla. Decorate with blanched almonds.

Gooseberry Swansdown

1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
2 eggs separated
½ cup sugar
2 cups cooked gooseberries
1 dessertspoon lemon juice

Rub gooseberries through a coarse sieve, add lemon juice. Dissolve gelatine in hot water, add to gooseberries. Beat egg yolks with half the sugar, add to gooseberries. Beat whites with remainder of sugar until stiff, fold through the thickening mixture. Place in a serving bowl.

Davis Gelatine is valuable with milk. One teaspoon dissolved in 1 tablespoon hot water and stirred into 1 pint of milk will aid digestion and increase the availability of the nutrients in the milk.

Lemon Souffle

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
1 cup cold water
4 tablespoons lemon juice
½ cup sugar
2 eggs
2 teaspoons grated lemon rind

Dissolve gelatine in hot water, add cold water. Beat egg yolks, add sugar, lemon rind and juice. Beat again. Beat egg whites and stir lightly into the mixture. Add gelatine and mix thoroughly. Pour into a serving bowl. When firm decorate as desired.

Mock Maple Charlotte

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
¼ cup honey
¼ cup golden syrup
½ pint milk
3 tablespoons cream
6–8 lady fingers

Dissolve gelatine in hot water. Add honey and golden syrup; add to milk gradually. Whip cream, fold through the mixture. Line a mould with lady fingers, pour in the mixture when it is thickening.

Charlotte

CHARLOTTE IS A MILK and eggs or cream mixture encased in sponge or lady fingers – a smooth party dish.

Charlotte Russe

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons hot water
¼ pint milk
⅓ cup sugar
½ pint cream
Vanilla essence
6–8 lady fingers
½ pint strawberry jelly

Dissolve gelatine in hot water, add to milk, add sugar. Stir until dissolved. Add ½ cup cream, add vanilla. Line a mould with lady fingers, moistening each with a little strawberry jelly, chill. Whip cream, fold through the vanilla mixture, place in the prepared mould. Chill. Unmould, decorate with pieces of strawberry jelly.

When Using Pineapple

When utilizing fresh or canned pineapple in gelatine cookery, it should be noted that fresh pineapple must be thoroughly cooked, and canned pineapple should be brought to boiling point for a few minutes. Pineapple contains an enzyme which liquefies gelatine mixtures. This enzyme is rendered powerless when heat is applied.

Glamour Pies

Chiffon and Fresh Fruit

ONLY GELATINE makes the chiffon pie – smooth, velvety, luscious. Keep two or three baked pie shells in an air-tight tin to fill with the chiffon mixture that is made so quickly and easily. The open fruit pie shows the colour of strawberries, peaches, in a shimmering, tender film of mouth-watering flavour.

The Chiffon Pie

The mixture is closely allied to the souffle mixture and needs only a baked pie shell or crumb-lined pie plate to hold it.

Pineapple Chiffon Pie

1 envelope or 3 teaspoons Davis Gelatine
¼ pint hot water
2 eggs (separated)
½ pint canned grated pineapple
1 teaspoon lemon juice
1 teaspoon lemon rind
½ cup sugar
Pinch of salt
¼ cup whipped cream
1 baked pie shell (9 inch)

Dissolve gelatine in hot water. Beat egg yolks, add ¼ cup sugar, pineapple, lemon rind and juice, salt. Cook over boiling water until thickening slightly. Add dissolved gelatine. Cool. Beat egg whites with balance of sugar and fold through the mixture. Place in the baked pie shell. Spread with whipped cream.

Open Fruit Pie

(see illustration page 7)

See Davis Way 1 Page 4. Fresh flavoured jelly enclosing slices of peach halves, apricots, or tangy strawberries, or cherries.

Rhubarb Pie

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
3 tablespoons sugar
Pinch of bicarbonate of soda
½ teaspoon ground ginger
2 cups rhubarb cut in one inch lengths
Baked pie shell

Dissolve gelatine in hot water. Place ½ cup cold water, sugar, ginger, soda in saucepan; cook to boiling point; add rhubarb, cook gently until tender. Dissolve gelatine in hot water, add to mixture. Leave to thicken, then place in pie shell. Serve with custard or ice cream.

Lemon Pie – New Style

Line a refrigerator tray with strips of sponge; keep some for decorating.

Lemon Mixture

1 envelope or 3 teaspoons Davis Gelatine dissolved in ½ cup hot water
2 eggs
¾ cup sugar
5 tablespoons lemon juice
1 teaspoon grated lemon rind
½ can evaporated milk

Beat egg yolks, sugar, add lemon juice and rind; dissolve gelatine, add milk, beat the mixture well, fold in stiffly beaten egg whites. Place in refrigerator tray and cover with the remaining strips of sponge. Freeze until very firm. For a party occasion serve with chocolate sauce.

Aspics — Salads and Savoury Dishes

Aspic

Made with well-flavoured meat or chicken stock

1 envelope or 3 teaspoons Davis Gelatine
4 tablespoons hot water
½ pint well-flavoured clear stock
2 tablespoons vinegar or lemon juice
1 tablespoon sherry

Dissolve gelatine in hot water, add to stock. Add vinegar and sherry. Leave until thickening. Use as required for moulding meats or vegetables.

Vegetable Aspic

1 envelope or 3 teaspoons Davis Gelatine dissolved in 3 tablespoons hot water
½ pint cold water
2 tablespoons lemon juice
3 tablespoons vinegar
3 tablespoons sugar
1 teaspoon salt

To dissolved gelatine add cold water, lemon juice, vinegar, sugar and salt. Stir well, when the sugar is dissolved use as required. Never use more jelly than solid ingredients; use equal parts or slightly more solids. Let the jelly mixture thicken slightly before adding the solids.

Diabetic Recipes

Davis Gelatine is recommended for inclusion in diabetic diets, its use enabling permissible foods to be used in many new and attractive ways. Write for the special booklet, 'Diabetic Recipes'. Enclose 2½*d.* stamp for postage.

Tomato Aspic

1 envelope or 3 teaspoons Davis Gelatine
¼ pint cold water
½ pint tomato juice
1 slice onion
1 clove
½ teaspoon salt
Pinch of pepper
1 teaspoon sugar
1 tablespoon lemon juice

Add gelatine to cold water. Add all flavourings to half the tomato juice. Cook until onion softens. Add to gelatine. Stir until dissolved. Add lemon juice and rest of tomato juice. Strain. Leave to thicken, pour over vegetables arranged in a mould.

Sausages in Tomato Aspic

(see illustration opposite)

Tomato Aspic
6 sausages
2 hard-boiled eggs
Salt
Pepper
Gherkins

Boil and skin sausages. Cut in halves lengthways. Arrange in a plain mould in layers with hard-boiled egg and gherkin, lightly sprinkling with salt and pepper. Pour over the thickening tomato aspic. Serve with salads.

Quick Brawn

Six Servings

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
½ pint stock, gravy or soup
3 cups cooked meat cut in small pieces
Salt, pepper, nutmeg
2 hard-boiled eggs

Dissolve gelatine in hot water, add to stock. Season meat with salt, pepper and nutmeg or spice, pack in a basin or loaf tin with slices of hard-boiled egg. Pour in the gelatine mixture. Serve in slices with salads.

Ham Ring Mould

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
1 can (16 oz.) tomato juice
2 teaspoons sugar
Salt, pepper
¼ lb. ham, diced
1 cup diced celery
1 cup grated carrot

Dissolve gelatine in hot water, add to tomato juice, add sugar, salt and pepper to taste. Leave to thicken, then stir in the carrot and celery. Place in a ring mould. Chill. Unmould on shredded lettuce, fill the centre with ham, decorate with radish roses and celery curls.

Sausages in Tomato Aspic – see page 18

Spring Vegetable Salad

Vegetable Aspic
(See page 18)
¼ cup cooked peas
¼ cup cubed celery
¼ cup grated carrot
¼ cup cubed cucumber
¼ cup sliced peppers
2 hard-boiled eggs
Small beetroot
Cream cheese

Prepare vegetable aspic and let cool. Pour a little into the bottom of a plain mould. When firm place a slice beetroot in position. Cut hard-boiled eggs into slices, remove yolks. Tilt mould on its side in a cup or basin, place a teaspoon of aspic in position. Arrange slice of egg white with a square of beetroot inside. Leave to set. Repeat on other sides of mould. Place mould upright and fill. Decorate with triangles of beetroot and balls of cream cheese on lettuce.

Jellied Beetroot

1 envelope or 3 teaspoons Davis Gelatine
½ cup hot water
1 cup cold water
¼ cup vinegar
3 average-sized beets, cooked
Pepper, salt, sugar to taste

Peel and slice beets. Dissolve gelatine in hot water. Add sugar, salt, pepper and vinegar. Leave to thicken slightly, then pour over the beets. Place in a mould or serving bowl. Serve garnished with shredded lettuce and slices of tomato. Serve with mayonnaise dressing. If desired, more vinegar and less water in proportion may be used in this recipe.

Salami and Mixed Vegetable Salad

This recipe has been prepared in detail on pages 1, 2 & 3.

1 envelope Davis Gelatine dissolved in ¼ pint hot water
6 oz. salami or *other cold meat*
½ pint tomato or *mixed vegetable juice*
1 tablespoon vinegar or *lemon juice*
Small packet frozen mixed vegetables
Few slices of cucumber
2 medium sized carrots, finely chopped
1 dessertspoon finely chopped or grated onion
1 hard-boiled egg, chopped
Seasoning
Few chopped capers and pickled gherkins (if liked)

Dissolve gelatine in hot water, add vegetable juice, vinegar, salt and pepper. Proceed according to directions for Step 1 (page 1), arranging about half the salami as a garnish. Then arrange the cucumber in the mould (Step 2). Bring the frozen vegetables to the boil and simmer for about five minutes. Strain and add to the remainder of the jelly mixture. Add the onion and the carrots finely chopped. Add the pickles and the hard-boiled egg and the remainder of the meat (chopped). Season to taste. Add this mixture to the garnish (Step 3) and leave to set. Unmould according to directions (Steps 4 & 5) and serve with green salad (Step 6).

Cardinal Salad

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
1 cup tomato juice
½ cup beet juice
2 tablespoons vinegar
2 tablespoons sugar
½ teaspoon salt
1 cup diced cooked beets
1 green pepper cut in small pieces
Cream cheese for garnishing

Dissolve gelatine in hot water, add tomato juice, beet juice, vinegar, sugar and salt. Allow to thicken slightly, add beets and pepper. Place in ring mould.

Spring Chicken Salad

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
½ pint salad dressing
2 cups chicken cut into small pieces
1 cup finely chopped celery
2 hard-boiled eggs
½ cup canned, diced pineapple
½ cup shredded almond and Brazil nuts
2 tablespoons salad oil
2 tablespoons lemon juice
Salt, pepper

Chop whites of eggs. Mix with chicken, celery, pineapple, nuts. Mix oil and lemon juice (or vinegar), salt, pepper; lightly add chicken mixture. Leave for 30 minutes. Drain off any liquid. Dissolve gelatine in hot water. Add to salad dressing. Carefully stir in the salad mixture. Place in small moulds. Chill. Unmould on salads. Sieve the yolk of eggs over the top, add a sprinkling of chopped parsley.

Simple Moulded Salmon

1 envelope or 3 teaspoons Davis Gelatine
3 tablespoons water
1 16-oz. can salmon
½ teaspoon salt
1½ tablespoons sugar
½ tablespoon flour
½ teaspoon mustard
Yolk of 2 eggs
1½ tablespoons melted butter
½ pint warm milk
2 tablespoons vinegar or lemon juice

Drain salmon carefully. Beat egg yolks, add melted butter, milk. Mix sugar, salt, flour and mustard, blend with the egg mixture. Stir until quite smooth. Place in double saucepan and continue stirring until the mixture thickens. Stir in the vinegar. Remove, cool, add gelatine dissolved in hot water. Arrange salmon in a mould, pour over the mixture, chill. Serve garnished with parsley and slices of lemon.

Savoury Milk and Egg Mixtures
such as salad dressings are excellent for moulding cooked vegetables and white meats. The milk and egg mixtures may be flavoured with cheese to make a main course dish nourishing and satisfying. The salad dressing mixture brings to leftovers that special attention which lifts them into the class of distinctive cold cookery. The leftovers become important ingredients in a dish that has both eye and appetite appeal.

Pepper Rings with Cream Cheese

1 envelope or 3 teaspoons Davis Gelatine
½ cup hot water
¾ cup milk
½ lb. cream cheese
2 tablespoons chopped chives
Salt, pepper
3–4 peppers, green or red

Dissolve gelatine in hot water. Blend cheese with milk until quite smooth, add gelatine, salt and pepper to taste, and chives. Remove stalk and all seeds from peppers, fill with the cheese mixture. Chill. Serve in slices on the salad plate.

Chicken Mousse

1½ teaspoons Davis Gelatine
¼ cup hot water
2½ cups minced chicken
1 tablespoon minced parsley
2 tablespoons chopped peppers
¾ cup cream
1 teaspoon salt
Cayenne pepper

Dissolve gelatine in hot water. Mix together chicken, salt, pinch of cayenne, parsley and peppers and add dissolved gelatine. Whip the cream and fold into the mixture. Put in a wet mould. Chill thoroughly. Unmould on lettuce and garnish with sliced stuffed olives.

Shrimp Salad

1 envelope or 3 teaspoons Davis Gelatine
5 tablespoons hot water
½ cup mayonnaise
½ cup liquid from pickles or similar relish
1 tablespoon lemon juice
Salt, pepper to taste
3 cups prepared shrimps
¾ cup finely chopped celery

Dissolve gelatine in hot water; add mayonnaise, relish and lemon juice, salt and pepper. Mix shrimps with celery, add mayonnaise mixture, mix well. Place in small moulds. Serve on lettuce.

Mint Jelly Cubes

2 teaspoons Davis Gelatine
5 tablespoons hot water
¼ cup finely chopped mint
Green colouring, if liked
½ teaspoon salt
2 tablespoons sugar
¼ pint vinegar

Dissolve gelatine in hot water. Add sugar, salt, chopped mint and vinegar. Colour a delicate green and stir as the mixture thickens. Pour into a shallow mould or cake tin and leave to set. Cut into cubes or fancy shapes with a sharp knife (dipped into hot water and dried). Serve with lamb instead of mint sauce or use as a base for jellying cold lamb and green peas. A few squares of mint jelly are tasty in a salad.

Banana Relish for Meats

1 envelope or 3 teaspoons Davis Gelatine
2 tablespoons soft crumbs
1 teaspoon curry powder
1 tablespoon lemon juice
3 tablespoons hot water
1 tablespoon chutney
3 cups bananas
½ pint cold water

Add bananas to cold water, curry powder, lemon juice, salt; cook until quite soft. Add chutney, crumbs and gelatine dissolved in hot water. Set in shallow dish. Serve cut in squares.

Salads in the Scheme of three Meals

THE MODERN METHOD of preparing some of the salad ingredients in moulded form allows every curling leaf, every tasty root and fragrant fruit to be used according to its special properties. Delicate flavours are never overshadowed, colours blend harmoniously – the result is pleasing to the eye and the palate. Set with the help of gelatine in sparkling, flavoursome transparency, the salad ingredients create pictures of appetite appeal which make real conversation pieces and none of the precious juice of the salad ingredients is lost.

Vegetable Ring Mould

(see illustration page 25)

1 envelope or 3 teaspoons Davis Gelatine
1 teaspoon white vinegar or lemon juice
½ cup each diced beetroot, celery, carrot and chopped dill pickle
3 tablespoons cold water
2 teaspoons brown sugar
1 small can asparagus tips
1 cup tomato juice
½ teaspoon salt
Pinch of garlic salt
Pinch of chili powder

Add gelatine to cold water. Drain liquor from asparagus tips. Heat tomato juice with sugar and seasonings, add to soaked gelatine. Stir until dissolved. Add vinegar and asparagus liquor; strain. Leave to thicken slightly. Pour into mould. Add the vegetable mixture and the asparagus tips. Chill.

Pineapple, Cucumber and Cheese Salad cut in Squares

1 envelope or 3 teaspoons Davis Gelatine
2 tablespoons cold water
1½ cups canned grated pineapple
¼ cup sugar
1 cup chopped cucumber (with skin)
1 cup grated cheese
¾ pint cream

Add gelatine to cold water. Boil pineapple, add sugar, remove, add gelatine, stir until dissolved; cool. Add cucumber, cheese and whipped cream. Place in a long pan (to serve in squares or slices). Chill. Serve with mayonnaise and a grating of onion.

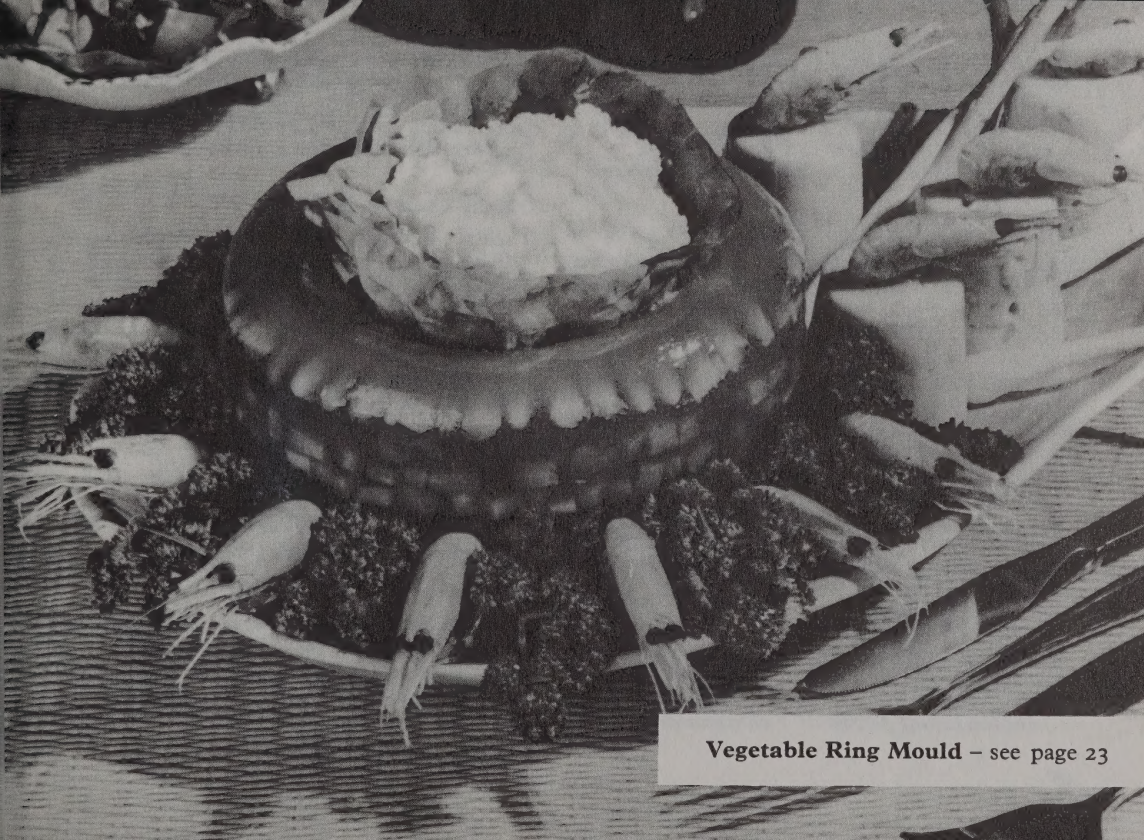
Eel Salad

1 envelope or 3 teaspoons Davis Gelatine
½ cup hot water
½ pint liquor in which eel is cooked
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
Nutmeg, lemon rind, bay leaf
Salt, pepper
6 Two-inch slices of eel
Gherkins, capers

Simmer eel stock with nutmeg, lemon rind, bay leaf for 7 minutes, strain; add gelatine dissolved in hot water, lemon juice, sauce, salt and pepper to taste. Arrange eel slices in a mould or loaf tin with slices of gherkin and capers. Slices of cucumber and hard-boiled egg may be included. Cover with the aspic. Unmould and serve with salads.

For the Cold Buffet

Informal entertaining demands the gelatine dish, not only for its decorative features, but also for its facility of serving, whether made in large or individual moulds. Ingredients are kept fresh, flavoursome and perfectly blended in gelatine mixtures. Sauce does not drain away and dressings do not separate.



Vegetable Ring Mould – see page 23

Cake Icings and Fillings

Smooth Icing (Plastic Icing)

1 envelope or 3 teaspoons Davis Gelatine
4 oz. sugar
½ cup of water
1 tablespoon lemon juice
1½ lb. icing sugar
Few drops of glycerine (optional)
Colouring
Flavouring

Place cold water in saucepan, add gelatine, sugar and lemon juice. Stir over low heat until dissolved and boil for 3 or 4 minutes. Sift icing sugar and add ½ lb. to syrup. Put remainder of icing sugar on a marble slab or pastry board, make a bay in the middle and pour in the thickening syrup. Knead well, working in the icing sugar until the mixture is smooth and pliable. Colour and flavour to taste. If the icing is to be soft add the glycerine to the syrup before kneading. Roll out the mixture to size and shape required. Mix a little cornflour and icing sugar together, dip hands in this and smooth top and sides of the cake by rubbing gently with the hands. Decorate the cake with royal icing as desired.

Honeysuckle Icing

2 teaspoons Davis Gelatine
¼ cup hot water
1 cup icing sugar
1 teaspoon baking powder
Flavouring
Chopped nuts
Cinnamon

Dissolve gelatine in hot water. When cool stir in the icing sugar gradually and add flavouring. Whip until the right consistency for spreading. Add baking powder, spread on the cake and sprinkle with cinnamon and chopped nuts.

Mock Cream Filling

1 teaspoon Davis Gelatine
2 tablespoons cold water
¼ can evaporated unsweetened milk
2 tablespoons sugar
Vanilla essence

Add gelatine to cold water, dissolve completely over hot water, cool. Add sugar to evaporated milk, add dissolved gelatine. Leave to thicken, then beat until very thick.

Mock Whipped Cream Filling

1 teaspoon Davis Gelatine
3 tablespoons hot water
1½ tablespoons sugar
¼ lb. butter
Pinch of salt
¼ saltspoon of cream of tartar
Vanilla essence

Dissolve gelatine in hot water. Place in a bowl, butter, sugar, salt, essence, cream a little, then add cream of tartar and the dissolved gelatine. Whip well until it looks like whipped cream. Use as fillings for layer cakes and puffs.

Whipped Cream and Substitutes

Whipped Cream

1 teaspoon Davis Gelatine
2 tablespoons hot water
2 teaspoons sugar
1 cup cream
Few drops of Vanilla (or other flavouring if desired)

Method: Sprinkle gelatine into the hot water and stir until thoroughly dissolved. Add the cream, sugar and flavouring and mix well together. Place this mixture in the refrigerator, chill and when partly thickened whip with a rotary beater until light and fluffy, then return to the refrigerator until required.

You must chill the mixture before whipping; gelatine will not whip when warm. Another hint is that when you have whipped the mixture, lightly fold in a beaten egg white. This makes a splendid topping for a cake, but on no account beat the mixture again once the egg white has been added. Top milk can be used instead of cream.

Whipped Evaporated Milk

1 teaspoon Davis Gelatine
2 tablespoons hot water
1 cup chilled evaporated milk
2 teaspoons sugar
Vanilla or other flavouring if desired

Dissolve the gelatine in hot water. Whip evaporated milk and stir in dissolved gelatine. Add sugar and flavouring.

Ice Cream without Cream

1 level teaspoon Davis Gelatine
5 tablespoons hot water
Half a can of unsweetened evaporated milk
1 tablespoon sugar
1 heaped tablespoon powdered milk
Vanilla essence

Dissolve gelatine in hot water. Add sugar and powdered milk to evaporated milk, beat thoroughly. Add dissolved gelatine. Place in freezing trays. Freeze to a mush, beat again until the mixture at least doubles in quantity. Flavour with essence. Replace in trays.

Hints Worth Remembering

Milk or Milk Mixtures – Gelatine should not be heated with milk or added to hot milk, for it causes the milk to 'curdle'. This is merely a separation of the curds and whey, and is quite 'sweet'. To avoid the so-called 'curdling', dissolve the gelatine in a little hot water, add gradually to the milk, which should be cold but not iced.

If the milk is removed from an ice chest or refrigerator stand the container in hot water for a few minutes to remove the chill. If this is not done, when the dissolved gelatine is stirred into icy-cold milk the gelatine will set and not blend with the milk. Adding a few grains of salt is often an improvement in milk pudding recipes.

Overchilling – Leaving a gelatine dish in an ice chest or refrigerator for several hours may completely spoil what would otherwise be a delight to the palate. Overchilling spoils flavour as well as texture. Actually, the flavour is there but is masked by the intense cold and appears flat and insipid. If it is left to thaw out all the delicacy and richness will return. Learn how long to leave your dishes in an ice chest or refrigerator to obtain the best results – results worth the trouble and care you took in preparing the dish.

Protein Supplement Drink – Excellent for slimming or other diets. Also said to remedy brittle finger nails. Add 1 tablespoon fruit juice or cordial to ½ glass cold water, add 2 teaspoons Davis Gelatine; stir quickly and drink at once. If the mixture thickens add more water.

Doubling Half a Pound of Butter – Soak 1 level teaspoon Davis Gelatine in 2 tablespoons cold milk, heat over hot water until gelatine is completely dissolved. Warm butter very slightly to soften, but it must not become oily; add dissolved gelatine, ½ teaspoon salt and ½ pint rich milk (not from refrigerator) very gradually, beating all together until the milk is taken up. Place aside to harden. This butter is for table use.

Washing Blankets to Refreshen – Allow 1 envelope of Davis Gelatine to each blanket. For one blanket dissolve gelatine in ½ pint hot water. Have ready a bath containing enough warm (not hot) water to cover the blanket, add dissolved gelatine, mix well. Place blanket in bath, soak for 30 minutes, stirring occasionally. Rinse three or four times in warm water. Squeeze, shake out and hang in breeze to dry. Result. Blanket is clean, soft and fluffy.

Stiffening Linens, Cottons and Pure Silks Dissolve 1 envelope Davis Gelatine in ½ pint hot water. Add 7 pints of cold water. Use as a final rinsing water. Dry, damp and iron.

For Stiffening Collars, Lace, etc. – Allow 1 teaspoon Davis Gelatine to ½ pint hot water, dissolve and use.

French Flower Making – Gelatine is the ideal stiffening agent for fine lawn, cambric, etc. Use 1 teaspoon dissolved in ¼ pint hot water.

Front Cover

Strawberry Chiffon Pie

1 envelope or 3 teaspoons Davis Gelatine
¼ cup hot water
2 eggs
½ cup sugar
½ cup cold water
1 dessertspoon lemon juice
Vanilla essence
1 cup unsweetened evaporated milk (chilled) or cream
2 cups strawberries, stalked and washed
Baked pie shell

Dissolve gelatine in hot water. Beat egg yolks slightly. Add sugar to cold water and lemon juice, stir over fire until sugar dissolves. Add to beaten egg yolks. Stir over hot water until thickening slightly. Remove, add dissolved gelatine; cool. Whip egg whites with pinch of salt until stiff, adding a little of the evaporated milk, a few crushed strawberries and vanilla to taste. Fold through the mixture. Pile in the pastry shell. Top with the remainder of the milk (or cream) whipped and sweetened; cover with strawberries.

Back Cover

Mayfair Salad

Tomato Aspic
(See page 19)
2 tomatoes
1 cup cooked green peas
1 cup cooked rice
½ cup diced celery
2 small cooked carrots
6 gherkins
½ green pepper
Salt, pepper

Prepare the tomato aspic, place a little in the bottom of the mould. Arrange a garnish of slices of tomato and green pepper, cover with a little aspic, when thickening arrange a layer of green peas. Dip some strips of gherkin and carrot in the aspic, press to the side of the mould. Cut remaining ingredients into small pieces and mix with rice and peas. Season well, place in the mould, add tomato aspic carefully. Chill. Serve with cold meats.

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Desserts, Salads

AND SAVOURY DISHES

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